

Roasted Whole Garlic Cream Sauce with Chicken Meatballs

INGREDIENTS

For the Meatballs:

- 1 lb. ground chicken
- ¾ cups fresh breadcrumbs
- 1 egg
- 1 teaspoon oregano
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 3 Garlic Cloves minced
- ¼ cup Parmesan grated
- ½ teaspoon each salt and pepper
- 2 tablespoons olive oil

For the Sauce:

- 1 whole bulb of garlic, roasted
- ¼ cup dry white wine
- 1 cup heavy whipping cream
- ¾ cup chicken stock
- 1 teaspoon garlic powder,
- 1/2 teaspoon dry ground mustard
- 1/2 teaspoon salt
- ½ teaspoon fresh cracked black pepper
- ¼ cup flour
- ¼ cup freshly grated Parmesan
- 2 tablespoons fresh parsley, chopped
- 2 tablespoon butter
- 1 lemon squeezed, optional

INSTRUCTIONS

1. Slice a whole bulb of garlic in half to expose the cloves. Place on olive oil and drizzle with olive oil. Enclose the garlic in foil, and bake for 45-60 min in a 350F oven. Set aside until cool enough to handle.
2. In a large bowl, mix together all the ingredients except ground chicken and oil. Mix well and add the ground chicken. Mix till just combined. Form the mixture into approximately 7-9 meatballs. Set aside.
3. Heat two tablespoons of Olive Oil in a pan and add as many meatballs as will fit into the pan without overcrowding. You may have to do this in batches. On high heat, brown the meatballs on all sides. Remove from the pan and put aside until the sauce is complete. (Alternatively, you could cook these in the oven saving the roasted bits and oil.)

4. Add white wine to the same pan and deglaze for about 2 min. Add stock, cream, salt, pepper, and dry mustard to the pan. Stir and heat for 2-3 minutes. Add flour and whisk until thoroughly combined and the sauce is smooth about 5-7 minutes.
5. Stir in Parmesan cheese, whole garlic, parsley, and butter. Use the back of a wooden spoon to help mash the garlic into the sauce. Squeeze in half of the lemon if using more salt and pepper to taste.
6. Add meatballs back to the dish. Serve over your favorite pasta or mashed potatoes. Top with shaved parmesan and additional parsley. Enjoy!